

## 2009 October – November – December Diabetes Self-Management Education Classes

1. Check with your insurance to verify coverage and co-pay charges for attending a class.
2. Make sure you see a HealthPartners Registered Dietitian and/or Diabetes Nurse Specialist at least once prior to attending.
3. Plan to sign up for the 2-session or the 3-session series. Either series you choose, you will be provided with eight hours of education.
4. It is recommended that you attend all of the classes in a series at the same location; however, you do have the flexibility of scheduling at other locations as long as you attend an entire series.
5. Call **952-967-7616** to register. You are welcome to bring a guest at no charge.

### Topics covered during the class series:

- *Healthy Eating*
- *Keeping Active*
- *Monitoring*
- *Taking Medications*
- *Problem Solving*
- *Reducing Risks*
- *Healthy Coping*
- *Individual Concerns*

	Clinic	Session Format	Date and Time	
South Metro	<b>Apple Valley</b>	2-Session Series	Part 1: October 8, Thursday Part 2: October 15, Thursday	8:30 a.m. – 12:30 p.m. 8:30 a.m. – 12:30 p.m.
	<b>Bloomington</b>	3-Session Series	Part 1: October 30, Friday Part 2: November 3, Tuesday Part 3: November 13, Friday	9 a.m. – 11:30 a.m. 9 a.m. – 12 p.m. 9 a.m. – 11:30 a.m.
	<b>Inver Grove</b>	2-Session Series	Part 1: December 2, Wednesday Part 2: December 9, Wednesday	12:30 p.m. – 4:30 p.m. 12:30 p.m. – 4:30 p.m.
West, Northwest Metro	<b>West</b>	2-Session Series	Part 1: October 28, Wednesday Part 2: November 5, Thursday	8:30 a.m. – 12:30 p.m. 8:30 a.m. – 12:30 p.m.
	<b>Brooklyn Center</b>	3-Session Series	Part 1: September 30, Wednesday Part 2: October 7, Wednesday Part 3: October 14, Wednesday	1 p.m. – 3:30 p.m. 1 p.m. – 4 p.m. 1 p.m. – 3:30 p.m.
			2-Session Series	Part 1: December 9, Wednesday Part 2: December 17, Thursday

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	Clinic	Session Format	Date and Time	
East, Northeast Metro	<b>Maplewood</b>	2-Session Series	Part 1: October 6, Tuesday	8:30 a.m. – 12:30 p.m.
			Part 2: October 12, Monday	8:30 a.m. – 12:30 p.m.
	2-Session Series	Part 1: December 10, Thursday	8:30 a.m. – 12:30 p.m.	
		Part 2: December 17, Thursday	8:30 a.m. – 12:30 p.m.	
	<b>Woodbury</b>	3-Session Series	Part 1: October 14, Wednesday	4:30 p.m. – 7 p.m.
<b>North Suburban Roseville</b>	2-Session Series	Part 2: October 20, Tuesday	4:30 p.m. – 7:30 p.m.	
		Part 3: October 28, Wednesday	4:30 p.m. – 7 p.m.	
<b>White Bear Lake</b>	3-Session Series	Part 1: November 2, Monday	1 p.m. – 3:30 p.m.	
		Part 2: November 11, Wednesday	1 p.m. – 4 p.m.	
		Part 3: November 16, Monday	1 p.m. – 3:30 p.m.	
East Central Metro	<b>Specialty Center</b> (check in 3 <sup>rd</sup> flr, Endocrinology)	3-Session Series	Part 1: October 21, Wednesday	9 a.m. – 11:30 a.m.
	<b>Saint Paul</b>	3-Session Series	Part 2: October 29, Thursday	9 a.m. – 12 p.m.
			Part 3: November 5, Thursday	9 a.m. – 11:30 a.m.
	<b>Como</b> (check in 3 <sup>rd</sup> floor)	3-Session Series	Part 1: December 1, Tuesday	4:30 p.m. – 7 p.m.
Part 2: December 8, Tuesday			4:30 p.m. – 7:30 p.m.	
Part 3: December 15, Tuesday			4:30 p.m. – 7 p.m.	
<b>Riverside</b>	2-Session Series	Part 1: November 24, Tuesday	5 p.m. – 7:30 p.m.	
		Part 2: November 30, Monday	5 p.m. – 8 p.m.	
Part 3: December 8, Tuesday	5 p.m. – 7:30 p.m.			
RiverWay Clinics	<b>RiverWay Andover</b>	3-Session Series	Part 1: November 10, Tuesday	12:30 p.m. – 4:30 p.m.
			Part 2: November 17, Tuesday	12:30 p.m. – 4:30 p.m.
			Part 3: November 20, Tuesday	12:30 p.m. – 4:30 p.m.
	<b>RiverWay Anoka</b>	3-Session Series	Part 1: October 6, Tuesday	5 p.m. – 7:30 p.m.
			Part 2: October 15, Thursday	5 p.m. – 8 p.m.
			Part 3: October 20, Tuesday	5 p.m. – 7:30 p.m.
<b>RiverWay Elk River</b>	3-Session Series	Part 1: November 30, Monday	9 a.m. – 11:30 a.m.	
		Part 2: December 2, Wednesday	9 a.m. – 12 p.m.	
		Part 3: December 7, Monday	9 p.m. – 11:30 a.m.	
3-Session Series	Part 1: November 4, Wednesday	1 p.m. – 3:30 p.m.		
	Part 2: November 10, Tuesday	1 p.m. – 4 p.m.		
	Part 3: November 18, Wednesday	1 p.m. – 3:30 p.m.		

Diabetes Education  
Accreditation Program



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

The HealthPartners Diabetes Self-Management Education Program has been Recognized by the American Diabetes Association for Quality Self-Management Education\* and by the American Association of Diabetes Educators.